Your Future is in Focus

Career Development
Online Programs
CampDISCOVERY
Learning in Retirement
Leisure Learning
Mission Statement
Continuing Education at Valdosta State University enhances the quality of life in the region by providing educational, artistic, cultural, technological, and economic development activities and programs for children and adults of all ages.
Dear PACE Community,

A new decade is beginning! Along with a change in decade, you may notice a change in our department title…we have become the Office of Professional and Community Education (PACE). This title better reflects our emphasis on serving the professional training needs of our local businesses and individuals, as well as individuals world-wide who are students in our non-credit online professional programming.

We also intend to keep folks of all ages and in all stages of life busy and actively growing and learning with our Leisure, CampDISCOVERY, and Learning in Retirement program areas: the “Community” part of PACE. I know that you can find something within these pages that will enrich your life.

We hope that our Spring programming will help you focus on your future and achieve your goals this year and in years to come.

Suzanne Ewing, Interim Assistant Director

3rd Annual Open House/Showcase Professional & Community Education TUESDAY, AUGUST 25, 5 - 7 PM

Help us celebrate our new name - The Office of Professional & Community Education - as we highlight ALL FIVE of our program areas. We will have class demonstrations, door prizes, refreshments, an Art Gallery featuring work from CampDISCOVERY and Learning in Retirement participants, and much more!

We are located at The Regional Center for Continuing Education, 903 N Patterson Street. Plenty of parking is available in the rear of the building.

Come celebrate with us!
Train-the-Trainer Workshop
This workshop is designed for organizations without the benefit of in-house training professionals who find the need to train team members on topics such as team-building, leadership, diversity and inclusion. Participants will explore a variety of training models and multiple options for various size organizations with a range of training resources and learn about needs assessment, program development, presentation strategies, and evaluation. Participants will have the opportunity to practice strategies presented and brainstorm training ideas specific to their organization in order to assist their organization in meeting in-house training needs.
20WBPD03  |  Tues, Mar 24  |  9 AM – 4 PM  |  $189  (Lunch & materials included)

Food Safety Manager Certification
• One Day Training Session by a Certified Instructor (.85 CEU)
• Class Concludes with Administration of the Certification Exam
• You will see your Pass/Fail results immediately
• Print your own eCertificate from your ServSafe.com account
• Textbook and Exam Materials Included (multilingual materials available)

Exam-Only Dates

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<td>Tues, Jan 14</td>
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Questions?
Contact Sue Bailey at 229-245.6484 or subailey@valdosta.edu
Let us help you upskill your employees and expand their capabilities!

We work with you to develop training taught by qualified instructors that meets your needs and your budget.

We can hold workshops at our location or bring the training to YOU...day, evening, or on weekends.

Don’t have time to send your employees to a class or seminar? Online training is available 24/7, anywhere there is access to a computer and the internet.

What training do we provide?

- Soft skills including customer service, communication, team development, conflict resolution, time management, and leadership.
- Hard skills such as computer technology, data analysis, writing, and social media management.

Employers... make your own training!

We can CUSTOMIZE* training for your employees by combining the online courses you need.

- Convenient
- Cost effective
- Available 24/7
- Access to instructors

*Customized course bundles are available to businesses and organizations only.

Choose from these and many other topic areas:

- Accounting & Finance
- Business Communication
- Sales & Marketing
- Management & Leadership
- Project Management
- Computer Applications
- Web Technology
- Business Writing

We also offer pre-selected course bundles including:

- Basic Computer Skills Suite
- Microsoft Word 2016 Series
- QuickBooks 2016 Series
- Supervision & Management Series
- Accounting Fundamentals Series

Find more Course Bundles at www.ed2go.com/valdosta

Call or email Sue Bailey for complete details:
229.245.6484/subailey@valdosta.edu.

See page 8 for more details about Online Course Bundles.

Call Sue Bailey at 229-245-6484 or email subailey@valdosta.edu to get started today!
New Certificate!

Grant Writing + Nonprofit Management Certificate
Complete the Grant Writing Certificate PLUS the following to earn the Grant Writing & Nonprofit Management Certificate. All courses are online.

CORE COURSES
• Introduction to Nonprofit Management
• Marketing Your Nonprofit
• Nonprofit Fundraising Essentials OR
• Nonprofit Suite (includes the three courses above)

Grant Writing Certificate
Develop foundational skills and knowledge to write effective grant proposals. All courses are online.

CORE COURSES
• A to Z Grant Writing
• A to Z Grant Writing II - Beyond the Basics
• Writing Effective Grant Proposals

ELECTIVE COURSES Minimum of Two
• Grammar Refresher or Grammar Refresher II
• Get Grants!
• Become a Grant Writing Consultant
• Advanced Grant Proposal Writing

Internet & Social Media Marketing Certificate
Enhance your current skills or develop a foundation in Internet and social media marketing.

CORE COURSES
• Marketing your Business on the Internet
• Using Social Media in Business
• Achieving Top Search Engine Positions
• Designing Effective Websites

ELECTIVE COURSES Minimum of Two
• Creating WordPress Websites
• Intermediate Wordpress Websites
• Creating Workpress Websites Series (includes both Creating WordPress Websites & Intermediate WordPress Websites)
• Blogging & Podcasting for Beginners
• Write Effective Web Content
• Find additional electives at www.valdosta.edu/pace under “Certificate Programs/Special Interest Certificate Programs”

Creative Writing Certificate
Define, develop, and explore your writing abilities and enhance your writing skills and techniques on your way to becoming a published writer. All courses are online.

CORE COURSES
• Writeriffic: Creativity Training for Writers
• Grammar Refresher or Grammar Refresher II
• Research Methods for Writers

ELECTIVE COURSES Minimum of Three
• Mystery Writing
• The Craft of Magazine Writing
• Travel Writing
• Guide to Getting Published
• Find more elective options at www.valdosta.edu/pace under “Special Interest Certificate Programs”

Courses in these programs are $119 unless otherwise noted.

To earn a certificate:
• Submit a Certificate Program Agreement Form
• Complete the program in 18 months with a 75% GPA.
• Submit the Certificate Request Form to receive your program certificate.
• Program Agreement and Certificate Request forms are available at www.valdosta.edu/pace under “Special Interest Certificate Programs.”

Additional certificate programs:
• Administrative Assistant I & II
• Internet & Social Media Marketing
• Digital Photography

Find complete information at www.valdosta.edu/pace under “Special Interest Certificate Programs.”

Find complete details about all the Special Interest Certificate Programs we offer at www.valdosta.edu/pace under “Certificate Programs.”
Invest in your future!
Train online for fast-growing careers in Healthcare.
Many courses include the cost of certifying exam.

Certified Physical Therapy Aide | 9 months | $1995
(Exam voucher included)
Master the skills you need for a career as a Physical Therapy Aide.

Clinical Dental Assistant | 6 months | $1995
(Externship offered)
Gain the skills you need to become a productive member of a dental team.

Pharmacy Technician | 12 months | $2495
(Exam cost & externship included)
Train to become a Pharmacy Technician in a retail or hospital setting.

Optician Certification Training | 6 months | $1895
Gain skills needed for an entry-level position; be prepared to take the ABO exam.

Certified Clinical Medical Assistant (CCMA) | 12 months | $2495
(Exam voucher included)
From reception and scheduling to exam assisting and ECGs, become a valuable member of a healthcare team.

CBCS Medical Billing & Coding | 12 months | $2195
(Exam voucher included)
Prepare for an entry-level position and to sit for the CBCS certifying exam.

Medical Office Manager (CPPM) | 18 months | $3995
(Exam vouchers included)
In-depth training in medical office management and preparation to sit for the CPPM, CMAA, and CEHRS exams.

Attention Military Spouses!
$4000 MyCAA Scholarship to train ONLINE in our Healthcare Career Training Programs.
See page 13 for details.

More financial aid opportunities:
• Sallie Mae Loans
• Ed2Go Financial Assistance

Call 229.245.6484 for information or email pace@valdosta.edu.

Find more Healthcare Career Training Programs at: www.careertraining.ed2go.com/valdosta
We have over 400 ways to Expand Your Horizons!

Here are some of our most popular courses...

**Business**
Building Teams that Work
Six Sigma: Total Quality Applications
Introduction to Business Analysis

**Grant Writing & Nonprofit**
A to Z Grant Writing
Nonprofit Fundraising Essentials

**Teacher Recertification**
Teaching Math: Grades 4 - 6, $129
Integrating Technology in the Classroom, $129
Content Literacy: Grades 6 - 12, $129

**Test Prep**
Prepare for the GED Test
SAT / ACT / GMAT/ GRE prep

**Legal**
Introduction to Criminal Law
Employment Law Fundamentals
Workers’ Compensation

**Technology**
Introduction to Windows 10
Introduction to SQL
Creating WordPress Websites
Introduction to Photoshop CC
Basic CompTIA A+ Certification Prep

**Writing**
Research Methods for Writers
Publish and Sell Your eBooks

**Allegra Healthcare Certificates**
Certificate in Integrative Mental Health, 20 hrs, $139
Certificate in Healthy Aging, 10 hrs, $69
Certificate in Food, Nutrition & Health, 16 hrs, $99

(For more information on accredited Allegra certificates, visit www.valdosta.edu/pace under “Certificate Programs.”)

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**6-week Online Courses**

Interact with expert instructors and fellow students in lively, online discussions. New sessions start every month. Sign up anytime!

**6-Week Online Course Schedule**

<table>
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<tr>
<th>MONTH</th>
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<tr>
<td>January</td>
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<td>February</td>
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<td>March</td>
<td>3/18/20</td>
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<td>April</td>
<td>4/15/20</td>
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<tr>
<td>May</td>
<td>5/13/20</td>
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Schedule of start dates also available with each course description at www.ed2go.com/valdosta

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**SAVE with Online Course Bundles!**

Take multiple online courses at a DISCOUNTED price while gaining an in-depth understanding of the subject area.

**Top 5 Most Popular Bundles...**

- Accounting Fundamentals Series | $179
- SAT/ACT Prep Series | $179
- Veterinary Assistant Series | $299
- Microsoft Office 2019/365 Value Suite | $329
- Adobe Value Suite | $299

Visit www.ed2go.com/valdosta to find more series and value suites for every need. Questions? Email pace@valdosta.edu.

We offer Customized Bundling for businesses and organizations. Call Sue Bailey to find out more at 229.245.6484 or email subailey@valdosta.edu.

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*Courses on this page $119 unless otherwise noted.*
Self-Paced Online Courses*

Most Fundamentals Courses are also available in a self-paced format...
for people whose schedules and learning styles are suited to independent study.

• Start anytime and work at your own pace.
• 3-months access to all course materials and assessments from day one.
• Get helpful student support whenever you need it.

Explore our Ed2Go Course Catalog at www.ed2go.com/valdosta and look for “Self-Paced Tutorial” in the title.

Employers!

Your employees can train at home or on the clock with our online Fundamentals courses.

Single courses in hundreds of subjects and two formats:
• 6-week, instructor-led
• Self-paced tutorials with 3 months access

Course bundles:
• Pre-selected bundles of 2 or more Fundamentals Courses provide an in-depth study of a subject area.
• Customized bundles allow you to combine courses that fit the needs of your employees.

See page 5 for more information.

Questions?
Call Sue Bailey at 229-245-6484 or email pace@valdosta.edu.
Get focused on your career goals!
Start training in one of these fast-growing fields:
Web Development & Design, Information Technology, Project Management, Hospitality, Bookkeeping, and more!

Features include:
- Self-paced, start anytime, 24/7 access
- Books and materials included
- Financial assistance available
- Student Advisors available
- Industry Recognized Certifications

Travel Agent Training
Gain skills necessary to become a successful travel agent - basics of the travel industry, geography for travel agents, and the travel reservation system of your choice.
6 Months  $1995

Full Stack Software Developer
Start training for your career in one of the most in-demand occupations worldwide - from website development to deployment and virtualization.
18 Months  $4995

Web Design Professional
The need for web designers is growing. Combine your fresh, creative ideas with the skills needed in this fast-paced career.
12 Months  $2995

Help Desk Analyst: Tier 1 Support Specialist
Gain skills for a rewarding career in customer support in the computer industry.
6 Months  $1495

Project Management Essentials w/ CAPM Prep
Develop valuable project management skills and improve your marketability to meet the increasing demand for project management professionals in all industries.
6 Months  $1195

Certified Administrative Professional
Gain essential skills and knowledge to work as an administrative assistant in a variety of organizations and earn your CAP designation.
6 Months  $1695 (Exam voucher included)

Certified Professional Life Coach
Acquire industry-recognized skills needed to become a certified life coach.
6 Months  $1795 (Exam included)

Professional Bookkeeping w/ QuickBooks 2018 OR 2019 with Payroll Practice & Management
Prepare for a career in the high-demand field of bookkeeping.
12 Months  $3595 (Software included)

You may qualify for financial aid through MyCAA, AF COOL, or Sallie Mae Smart Option Loans. See page 13 to learn more.
High Demand Careers

Certified Information Security Manager (CISM)
Earn your CISM certification to manage your organization’s cybersecurity policies.
6 Months | $1395 (Exam voucher included)

PMI Risk Management Professional
Earn the PMI RMP certification to confirm that you can identify, assess, and mitigate cybersecurity project risks.
6 Months | $995 (Exam voucher included)

Certified Inpatient Coder
Demand for medical coders will grow 13% by 2026. Establish yourself as an expert in inpatient medical records review.
6 Months | $2495 (Exam voucher included)

Learn to use AutoCAD and Revit software to open the door for an exciting career in drafting, engineering, architecture, or design.

AutoCAD 2018 Certified User
Master basic and advanced AutoCAD design skills in 2D modeling.
6 months | $2595 (Exam voucher included)

AutoCAD 2018 with AutoCAD 3D 2018
Master basic and advanced AutoCAD design skills in 2D and 3D modeling.
9 months | $3295 (Exam voucher included)

Autodesk Inventor
Master fundamental skills in this model design tool.
6 months | $2595 (Exam voucher included)

Autodesk Revit Architecture
Learn Revit’s functionality for the architectural design process.
6 months | $2595 (Exam voucher included)

Programas de Entrenamiento Profesional Por Internet en Español

Distintivos
- Autónomo, comience en cualquier momento, acceso 24/7
- Libros y materiales incluidos
- Asistencia financiera disponible
- Consejeros estudiantiles incluidos
- Certificaciones reconocidas por la industria

Inscribite hoy, o para más programas e informes visita: careertraining.ed2go.com/Valdosta

Programa de Certificado de Conocimiento Básico de HVACR NATE Core
6 meses | $2295

El Curso Especializado de Diseño de Bodas y Eventos de Preston Bailey
6 meses | $1795
The JOB OUTLOOK for paralegals and legal assistants is excellent. Start your career today in this high-growth field.

**Paralegal Certificate Course**

The Center for Legal Studies’ flagship program.

Competition for jobs in the paralegal field will be strong. This intensive, rigorous program is designed to produce well-trained paralegals with strong computer and database management skills. The 14-week program includes both Paralegal 1 and Paralegal 2, each a 7-week session.

ONLINE | $1,595*
(DVD and Text formats also available. Live Lecture format is not available at VSU.)

*Tuition fee does not include course materials. Course materials are purchased separately and are subject to shipping charges.

Looking for Financial Assistance?

**Sallie Mae Career Training Loan**

We are one of the select partner schools approved by The Center for Legal Studies for Sallie Mae funding.

**MyCAA** (Military Spouse Funding Program)

This educational financing program is available for spouses of active duty service members and activated guard and reserve members.

Contact Sue Bailey at subailey@valdosta.edu/229.245.6484 for important information BEFORE applying for these funding programs.

Register or learn more about these and other legal support programs at www.legalstudies.com/vendor/valdosta:

- Employment Law Certificate Course
- Victim Advocacy Certificate Course
- Law School Preparation Course
- Software Essentials for the Law Office
- Preparing for the LSAT

Questions about course content?

Call The Center for Legal Studies at 800.522.7737 to speak to a representative.
**MyCAA**

Military spouses can receive a $4000 scholarship to train online and learn at your convenience for a career that moves with you wherever you are stationed.

Who is eligible?

Spouses of active duty Army, Navy, Air Force, or Marine service members in pay grades E1-E5, W1-W2, or O1-O2.

Spouses of National Guard or AGR Members must be on federal Title 10 active duty orders.

Visit the MyCAA Spouse Portal at https://aiportal.acc.af.mil/mycaa to create your account.

**AF COOL - Air Force Credentialing Opportunities On-Line**

**Receive** $4500 per lifetime per Airman for credentialing in your AF job AND prepare for employment when you re-enter civilian life. Eligibility requirements apply. To see if you are eligible and to apply, visit afvec.langley.af.mil/afvec/Public/COOL/.

Call VSU's Office of Professional and Community Education at 229.245.6484 to find out how we can help.

Credentials include:

- Project Management (CAPM, PMP)
- Certified Administrative Professional (CAP)
- Microsoft Office Specialist 2016 (MOS)
- Project Management (CAPM, PMP)
- CompTIA
- Human Resources Professional

**Sallie Mae Career Training Smart Option Student Loan®**

The Smart Option Student Loan® can help you pay for non-degree, continuing education career training.

Go to www.salliemae.com/00159998 to apply today!

Learn more about your options at www.salliemae.com under “Career Training Student Loans.”

**Questions about these financial aid options?**

Contact Sue Bailey at 229-245.6484 or email subailey@valdosta.edu for more information.
Frequently Asked Questions

Do I have to formally apply through VSU to take Continuing Education classes?
No. All of our classes are open to the public and our registration process is simple.

How will I know if a class is confirmed or cancelled?
A confirmation receipt will be mailed or emailed upon processing your registration. If a course is cancelled, you will be notified by email or phone.

What is our refund/cancellation/transfer policy?
Unless otherwise stated, full refunds minus $5 or 5%, whichever is greater, will be given by calling 229.245.6484 at least three working days (Sat/Sun not included) prior to the beginning of the program. No refunds for cancellations less than three working days prior to the beginning of a class, but registrants may send a substitute. No partial refunds for classes missed. Full refunds for classes cancelled by VSU.

What is a CEU?
A Continuing Education Unit (CEU) is a standardized method of recording participation in continuing education classes designed to improve occupational skills or knowledge. Check with your occupation’s licensing agency to find out if a particular course will meet your requirements.

Are there financial aid opportunities available?
Participants in certain career and professional development courses may be eligible for financial aid from private lenders. The Hope Scholarship and Federal Financial Aid are not applicable to non-credit courses. Funding for active duty Airmen and spouses of active duty service members is available (AF COOL and MyCAA). We also accept the Sallie Mae Smart Option Loan for many of our online career training programs. Call our office at 229.245.6484 for more information.

Where will my course be held? What about parking?
Except where noted, classes are held at the Regional Center for Continuing Education, 903 N Patterson Street, Valdosta or in the Annex classrooms adjacent to our building. Temporary parking passes will be provided.

3 Ways to Register...

1 ONLINE
www.valdosta.edu/pace

2 PHONE
229.245.6484

3 IN PERSON
Regional Center for Continuing Education Building at 903 N. Patterson Street, Valdosta (across from The Crescent)

Make your check or money order payable to VSU PACE (Professional and Community Education)

Connect with us on social media!
Search "VSU Office of Professional and Community Education"

OFFICE HOURS:
MONDAY - THURSDAY
8 AM - 5:30 PM
FRIDAY
8 AM - 3 PM
**Teacher Recertification Online**

### Top 3 Most Popular Self-Paced, 6-Month Courses

**Behavior Is Language**
Discover what students are trying to tell you through the “language” of their behavior. Learn behavioral techniques and intervention strategies.

4.5 CEU / 4 PLU  $209

**Understanding Aggression**
Gain awareness of the causes of aggression and ways to evaluate it and intervene before it turns to violence in the schools. Includes dealing with aggression in the classroom, youth gangs, aggression in sports and on television, and the role of drugs and alcohol.

4.5 CEU / 4 PLU  $209

**Autism & Asperger’s Disorder**
Learn about characteristics of the disorder, learning styles, communication weaknesses, and successful intervention strategies.

3 CEU / 3 PLU  $189

Information on all of our self-paced, online teacher recertification courses can be found at www.valdosta.edu/pace. Questions? Call 229.245.6484 or email pace@valdosta.edu.

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**Save the Dates!**

**June 15 -19, 2020**

**AP @ Valdosta State University**

**English Literature & Composition**

*Early bird: $725 (After May 4, $795)*

**Our institute includes:**
- Continental Breakfast, Monday only
- Catered Lunch on-site, Monday – Thursday
- Refreshments/snacks
- College Board materials

**Coming from out of town?**
- VSU discounted rates available at several area hotels.
- On-campus accommodations are also available.

For complete information, contact Sue Bailey: 229.245.6484, subailey@valdosta.edu.

Visit our website for details at www.valdosta.edu/pace under “Teacher Recertification.”

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**Register online for our 6-week, Fundamentals Courses at www.ed2go.com/valdosta/or by calling 229-245-6484**

**Teaching Science: Grades 4 - 6**
Increase your effectiveness as a science teacher for children in grades 4 - 6.

2.4 CEU/2 PLU  |  $129

**Teaching Students with Autism: Strategies for Success**
*(also available as a self-paced tutorial)*
Help your students with high-functioning autism and Asperger’s Syndrome unlock their potential in the classroom.

2.4 CEU/2 PLU  |  $129

**Solving Classroom Discipline Problems**
*(also available as a self-paced tutorial)*
Learn the secrets to an orderly classroom and a step-by-step approach to effective, positive discipline.

2.4 CEU/2 PLU  |  $129

**Understanding Adolescents**
*(also available as a self-paced tutorial)*
Gain valuable information on how adolescents feel, how their identities develop, and how you can best meet their needs.

2.4 CEU/2 PLU  |  $129

*Find more teacher recertification courses at www.ed2go.com/valdosta*

**Questions?**
Call us at 229.245.6484 or email pace@valdosta.edu.
Introduction to Wine Tasting
You’ve heard that red wine is served with meat and white with fish, corks are better than screwtops, and more expensive is better. Join us to find out what’s true and what’s not. Discover the basics of grape cultivation and how the type of grape, growing environment, weather, and many other factors influence the grapes. Learn the wine tasting ritual as you sample a variety of red and white wines.

Instructor John Magnasco has attended numerous wine institutes and programs in California, Virginia, Italy and Portugal and enjoys sharing his knowledge and love of wine.

Location: 1951 E Park Ave, Valdosta (Unitarian Universalist Fellowship Hall. Directions provided with registration receipt.)

20WPEL01 | Wed | Mar 11 | 6 - 8:15 PM | $35
(Class limited to 12 participants)

Couples and any pairs of friends registering and paying together: choose $35 Registration Fee for the first person and then $24 Couple - 2nd Person when you enroll your partner/friend.

Watercolor for Beginners
Learn basic watercolor techniques by painting a still life, then apply your new skills to create personal works of art from images you choose. Each painting allows you to further hone your watercolor skills. A list of supplies will be mailed with your registration receipt and is also available at our website, www.valdosta.edu/pace. Instructor Hunter Pope is pursuing a graduate degree in art therapy.

20WPEL02 | 5 Tues | Feb 18 – Mar 24 | 6 - 8 PM | $109
(Supplies not included)

Survival Sign Language
You will be introduced to Deaf culture and etiquette as you practice finger-spelling, basic signs, common phrases, and learn general concepts and structure of American Sign Language (ASL). Beginning and returning students are welcome. Instructor Christina Ogden is President of South Georgia Deaf Community.

20APEL04 | 6 Tues | Feb 18 - Mar 24 | 6 - 8 PM | $99

Practical Spanish
Learn useful everyday Spanish words, phrases, and expressions to communicate when traveling and with friends, family, customers, and others in your daily life. Instructor Natalie McManus Chu teaches Spanish at Valdosta State University’s Department of Modern & Classical Languages.

20FPEL02 | 5 Tues | Apr 7 - May 5 | 6 - 8 PM | $89

Drawing Diversions: Working in Pastels and Charcoal
Enjoy five nights of fun and experimentation with drawing media. See what you can do with Charcoal, Soft Pastels, and Oil Pastels, playing on paper. One medium is bound to resonate with you, the artist. Instructor Ray Noll teaches art at Valdosta State University. (List of supplies will be sent with your registration receipt; also available at our website, www.valdosta.edu/pace.)

20WPEL07 | 5 Mon | Mar 23 – Apr 20 | 6 - 8 PM | $109
(Supplies not included)
There’s NO PLACE like CampDISCOVERY for your kids to expand their horizons, make friends, and grow academically, artistically, and physically.

CampDISCOVERY: Spring Break Edition 2020

• Week-long camps run morning, afternoon, or all day, April 6 - 10, at the VSU STEAM Center.
• Morning & afternoon snacks provided; supervised lunch period for all-day campers.
• Early drop-off (7:45 AM) available at no extra charge.

Awesome Artists Section A (Grades K - 5)
Drawing, painting, crafts...complete several projects this week to decorate your room or give as gifts. Different projects in morning and afternoon camps. Sign up for both!
20SKSB1 | 9 AM - 12 PM | $99 | Instructor: Sheila Sabin

Awesome Artists Section B (Grades K - 5)
Drawing, painting, crafts...complete several projects this week to decorate your room or give as gifts. Different projects in morning and afternoon camps. Sign up for both!
20SKSB3 | 1 - 4 PM | $99 | Instructor: Sheila Sabin

STEM Explorers (Grades K - 3)
Explore the fun world of Science, Technology, Engineering, and Math (STEM) through age-appropriate hands-on activities based on building and problem-solving. Learn about magnets, explore chemical reactions, and more! Complete several projects each day.*
20SKSB2 | 9 AM - 12 PM | $99 | Instructor: Kara Bunte

STEM Mini Olympics (Grades K - 3)
Explore the fun world of Science, Technology, Engineering, and Math (STEM) through age-appropriate hands-on activities based on building and problem-solving. Learn about magnets, explore chemical reactions, and more! Complete several projects each day.*
20SKSB4 | 1 - 4 PM | $99 | Instructor: TBA

STEM Olympics (Grades 4 - 6)
Explore the fun world of Science, Technology, Engineering, and Math (STEM) through age-appropriate hands-on activities based on building and problem-solving. Learn about magnets, explore chemical reactions, and more! Complete several projects each day.
20SKSB5 | 1 - 4 PM | $99 | Instructor: TBA

*Different projects in the morning STEM Explorers and afternoon STEM Mini Olympics. Take both!

CampDISCOVERY: Summer Edition 2020

• Week-long camps run morning, afternoon, or all day from June 1 - August 1.
• Morning & afternoon snacks provided; supervised lunch period for all-day campers.
• Early drop-off (7:45 AM) available at no extra charge.

Full schedules and complete details will be available by the end of March on our website, www.valdosta.edu/pace, so check back then. Call us at 229-245-6484 or email pace@valdosta.edu to get on our mailing list to receive your CampDISCOVERY catalog and announcements throughout the year.

These are just some of the summer camps we offer...

- Arts & Crafts
- Cooking
- Tennis
- LEGO building
- Theater
- Science & Math
- Outdoor Recreation
- Technology & Digital Arts
With two decades behind us since all the stir about whether our technology world would survive Y2K, we have arrived at the milestone year 2020. Hindsight being 20/20, so the saying goes, let us move forward with resolve to learn from history — how it was — as we catch a vision for a strong future.

LIR 1996-2020: Our Journey to Now
Invited panel guests will take us on the LIR journey through personal perspectives from the beginning of the program to now. Don’t miss this historical session with long time members, leaders, and administrators. We’ll end with a look forward and a vision for the future!
Panelists include: Dr. Louis Levy, Joyce Aigen, Tommy DeVane, Hubert Hintzen, Millie Chitwood, Suzanne Ewing, Vicki Gay, and Ginny Lynn.

If you have served on the LIR Board or in any capacity on LIR committees, please be sure to sign up for this event so we can recognize you during this session so you can comment or contribute from the audience.

20SLIR218 | Tues | March 24 | 11 AM - 12:30 PM
Carol Jennings, Moderator
About Learning in Retirement

Our Mission
We provide a unique opportunity for cultural growth, lifelong learning, and recreation for individuals 50 years of age and above. LIR is member-led and university-sponsored. Members are involved in determining curriculum, recruiting new members, managing the budget, and developing social programming.

LIR Registration Fee
There are no extra fees above your $75/semester or $135 yearly (if paid in fall) membership for any LIR classes except when noted in class descriptions. See page 25 - 26 for tear-out registration form and class checklist.

Where are LIR classes held?
Most classes are held in the Regional Center for Continuing Education (RCCE), 903 N Patterson St., or in the adjacent PACE Annex or the Extension. Exceptions will be noted in the class description.

LIR Depends on Volunteers!
We could not function without member volunteers! We need people to teach classes and to serve on all our committees. If you want more information, call 229-245-6484.

Is there a course enrollment limit?
Our volunteer instructors put a lot of effort into preparing their classes. We ask that you help us avoid ‘less than expected’ or ‘no attendance’ on class days:

• Only sign up for classes you plan to attend.
• Be careful that you don’t sign up for two classes with the same date/time.
• You can add courses throughout the semester.

If you find you cannot make it to a class, please let us know as early as possible by calling 229-245-6484. We know that the unexpected happens!
Special Events

Spring 2020
Carnival Kick-Off Luncheon

20SLIR001

THURSDAY, JANUARY 23
Regional Center for Continuing Education Auditorium
11:00 AM Business Meeting • 11:30 AM Lunch • 12:00 Noon Program

Get together with old and new friends and enjoy a buffet lunch.

$12 ADMISSION

You do not need to be an LIR member to attend – bring a friend you would like to introduce to LIR!
Sign up by close of business on Thursday, January 16th by turning in your registration form or by calling 229.245.6484.

Wrap-Up Luncheon

20SLIR002

Teacher Appreciation

FRIDAY, MAY 15
VSU Regional Center for Continuing Education Auditorium
11:30 AM Lunch • 12:00 Noon Program

Wrap up the semester with old and new friends and enjoy a buffet lunch.

$12 ADMISSION

NO CHARGE FOR INSTRUCTORS OF FALL 2019 OR SPRING 2020 CLASSES

You do not need to be an LIR member to attend – bring a friend you would like to introduce to LIR!
Registration for the meal should be received by close of business on Friday, May 8th.
Classic Movie with Dinner
Gather once a month at Valdosta Cinemas for a Wednesday afternoon ‘Flash Back’ film, then discuss the film with LIR friends over dinner. Movie and dinner choices made by group. Coordinator will contact those who register for this event to determine movie preferences, which will determine what Wednesday movie and date is selected each month.
Cost: Dutch Treat. Meet at 3:45 PM at Cinema, 1680 Baytree Rd, Valdosta.
20SLIR111 | Feb, March, Apr Dates TBA
Ginny Lynn, Coordinator

Chemo Cap Brigade
If you knit, crochet or sew and have a desire to do something to benefit area cancer patients, consider joining the Chemo Cap Brigade, a group of volunteers that has been active for more than 9 years. The volunteers hand make caps and lapghans that they gift to cancer patients at the Pearlman Cancer Center. For more information call Annette Woodruff at (229) 244-0579.
Bring your crochet hook (4.5 mm) or knitting needles (#10 and #13 or #7 circular) and spend some time getting a start on caps for the next meeting. Yarn and patterns are available at the meetings. Meet in the lobby of the Pearlman Cancer Center, SGMC.
Annette Woodruff, Facilitator.
20SLIR103A | Thurs, Feb 27 | 10 AM - 12 PM
20SLIR103B | Thurs, Mar 26 | 10 AM - 12 PM
20SLIR103C | Thurs, Apr 30 | 10 AM - 12 PM

Spring Make and Take
This course is for non-artsy crafters, but others may attend. Materials, directions, and help will be provided. Select 2 items to make in class and take home with you for $5 per class. Choices will be wood crafts, string art, or a combination.
Madonna Terry, Instructor
Session 1: Wood craft - board/heart decor. String art - LOVE.
20SLIR107 | Wed, Feb 12 | 1 - 3 PM

Session 2: Wood craft - 2X4 leprachaun hat or butterfly. String art - butterfly.
20SLIR108 | Wed, Mar 4 | 1 - 3 PM

Session 3: Wood craft - bunny chick or 2X4 flower basket. String art - bunny or key holder.
20SLIR109 | Wed, Apr 8 | 1 - 3 PM

Session 4: Wood craft - flower on stem. String art - Mason jar or flower.
20SLIR110 | Tues, May 5 | 1 - 3 PM

Sew for a Cause
If you can cut and pin fabric, sew on a button, or just organize items, we can use your help making items for charities. Come for an hour, or all day. Materials and sewing machines provided.
20SLIR104 | Tue, Wed, March 10 & 11 | 10 - 3 PM
Vicki Gay, Elaine Southall, & Marie Sooy, Instructors

Mahjongg
Unlock the mysteries of this ancient Oriental game played with tiles. Popular to this day, played all across America, this challenging game blends skill, strategy, and chance. We use the National Mahjongg League Card. Appropriate for everyone, from beginners to players just looking to enhance their skills.
20SLIR100 | 15 Mon | Feb 3 - May 11 | 12:30 - 3 PM
Elizabeth Burnette, Instructor

How to Make Beeswax Candles
Beeswax candles are a great alternative to toxic scented candles and you can easily make your own with simple ingredients. Use them, give them away as gifts, or sell them to your community!
Each participant will receive an instruction sheet. Cost: $6 for supplies to be paid directly to the instructor. Class limit 20. Off-site, Urban Honey Bee, 201 South Lee Street, downtown Valdosta.
20SLIR105 | Tues, Mar 31 | 2:30 - 4 PM
Kathryn Valler, Instructor

How to Make Dumplings
Homemade dumplings are easier to make than you think, and they taste 1000X better than the store-bought ones! In this hands-on class, you will learn to make pork dumplings. These dumplings are pan fried, then steamed. The best part of the class is that we get to eat the fruit of our labor. Each participant will receive the recipe. Cost: $6 for supplies to be paid directly to the instructor. Class limit 20. Off-site: Urban Honey Bee, 201 South Lee Street, downtown Valdosta.
20SLIR106 | Mon, Jan 27 | 1:30 - 3 PM
Kathryn Valler, Instructor

Basic Bridge
A continuation of beginning bridge. Designed for those players who know beginning bridge and want to improve their skills. $35 EXTRA FEE. After class ends, individuals are welcome to come play at the Wednesday class time until May 13.
20SLIR101 | 9 Wed, Jan 29 - Mar 25 | 1 - 3 PM
Dan Deany, Instructor

LIR — Leisure & Crafts
Views of the News
Come ready to discuss today's hot news topics and current events. All views are welcome! We will cover local, regional, and global events. Ideological persuasion of the course is determined by who attends and who comes back each semester.
20SLIR202 | 12 Fri | Feb 7 - Apr 24 | 10 AM - 12 PM
Dr. James LaPlant and Dr. Dick Saeger, Moderators

Laurel and Hardy
Learn how Englishman Arthur Stanley Jefferson and Norvell Hardy, a man from Harlem, Georgia became the beloved comedy team known as Laurel and Hardy, eventually appearing in more than 100 films together. Then enjoy one of their classic movies! Concessions provided, bring your own beverages.
20SLIR213 | Thurs, Apr 9 | 1 - 2:30 PM | Deborah Barnard, Instructor

Photo Journey: Balloons, Trains, Moab, & Monument Valley
Highlights: Sedona & Oak Creek Canyon, Grand Canyon, International Hot Air Balloon Festival, Durango, Silverton Train Ride, Monument Valley, Moab & Arches National Park.
20SLIR220 | Thurs, Apr 30 | 1 - 3 PM | Judy Baxter, Instructor

Dr. Dixie Ray Haggard, Instructor

When Worlds Collide: Contact and the Columbian Exchange
20SLIR203 | Wed, Feb 5 | 11 AM - 12 PM

Dividing Paradise and the Seed of Evil
20SLIR204 | Wed, March 4 | 11 AM - 12 PM

Why Go to America? Push and Pull Factors Behind Colonization
20SLIR205 | Wed, Apr 1 | 11 AM - 12 PM

Photo Journey: Khabarovsk, Russia
Learn some basic facts about Russian history, culture and geography. Next, take an armchair tour of Khabarovsk, Russia—a city of almost 600,000 people in Southern Siberia near the Chinese border - guided by a native.
20SLIR219 | Mon, Apr 6 | 3 - 4:30 PM | Elena Schmitt, Presenter

History of Valdosta through Postcards
A look at postcards through the years of Valdosta’s history. Examples include: The Trolley, Valdosta Sanitorium, schools, and businesses.
20SLIR200 | Mon, Apr 20 | 3 - 4 PM
“Diamond” Jim Halter, Instructor

History of Money in Georgia
A look at money in Georgia from the early 1600s to the early 20th Century will include Revolutionary Currency, Confederate Money, Broken Bank Notes, and First National Bank of Valdosta Notes, etc.
20SLIR201 | Mon, Mar 23 | 3 - 4 PM
“Diamond” Jim Halter, Instructor

Valdosta Municipal Court 101
Whether from personal experience or from TV, you’ve probably heard these words, “Order in the Court!” This session with Judge Bender will give you insight into the workings of The Valdosta Municipal Court which is ranked in the top 20 in regards to caseload out of over 400 municipal courts in the State of Georgia. She’ll touch on how the Court tries to balance serving the community, while making sure justice is administered, as it prosecutes cases involving violations of criminal statutes, traffic regulations, local code violations, abatement of nuisances, business regulations, housing regulations and environmental issues.
20SLIR208 | Thurs, Feb 27 | 2 - 3 PM
Judge Vernita Lee Bender, Instructor

Rethinking Formal Education to Seek God and Power in Medieval Society
After the collapse of civic Roman civilization, knowledge and the venues of acquiring, preserving and expanding it underwent a considerable evolution. This class offers a broad sketch of major changes in higher education and their specific historical context in the medieval West. Students will learn about the various methods, objectives and places of learning. Particular attention will be paid to the rise of cathedral schools and universities as important centers of intellectual activities for increasingly confident and urbanized westeners who sought greater understanding of the spiritual and physical aspects of their world.
20SLIR211 | Thurs, Feb 13 | 1 - 2:30 PM
Dr. Sebastian P. Bartos, Instructor

Be sure and see page 18 for the History of LIR class!
Bees and Their Importance for Our Future
The loss of bees is a huge problem for humans, who rely on the insect for foods such as strawberries, pecans, melons and almonds. Because of this, Barry Futch, VSU environmental and occupational safety employee and a beekeeper for 20 years, is trying to keep the campus’ bees alive (‘Let it Bee’ VDT July 2019 article). This session will focus on the importance of bees for our future and the bee’s life as we know it.

Electrochemical Anodization of Metal
Coloring metals for jewelry and art involves a more intricate process than other types of art techniques. The process is called electrochemical anodization which is essentially adding a thin layer to the top of a metal piece by way of electricity. Instructor will discuss how this works and demonstrate the technique with several types of metals commonly used in jewelry making.

Coral and Oyster Restoration - Bailey Science Center
VSU Professor of Chemistry, Dr. Thomas Manning, and his students have been testing new techniques as they strive for an economical green approach to coral restoration which can be implemented on a large scale. They make their own materials in the Bailey Science Center (BSC) greenhouse. This session includes a trip to the greenhouse on the 4th floor for a demo, but bring a pair of garden gloves as you will be able to participate hands-on, also. The greenhouse (rooftop) is wheelchair accessible. Elevator and ramps. (Class max - 12)

Park next to the building if spaces are open, or in the lot across Georgia Ave. from the BSC. Meet in the atrium on the first floor.

A Closer Look at Sea Urchins
A general introduction about sea urchin anatomy, physiology and reproduction and an illustration of their use as a research model. The students will be offered the opportunity to observe sea urchin embryos at the microscope.

Natural History of Snakes
Learn about the evolution, biology, and behavior of snakes and their place in the ecosystem. The instructor will cover the venomous snakes found in our area and will bring a live (non-venomous!) specimen for participants to view.

Issues of the Day in American Politics & the 2020 Presidential Campaign
Join us as we discuss the current political events in our country and the 2020 presidential campaign. All views are welcome.

Aigen: One Man’s War Documentary
A new documentary about the experiences of military hero, George Aigen, through France and the liberation of Dachau concentration camp during WWII.

Nazi Holocaust
Two words: chilling words, haunting words, dehumanizing words, criminal words, monstrous words.

Two words that mean the planned “extermination” of a people.

Two words that raise difficult questions for which there are no answers.

Two words for which, as Elie Wiesel said, there are no words.

We will watch, read about, and discuss aspects of these two words.

The XIV Dalai Lama on the Education of the Heart
The XIV Dalai Lama often talks about the need to bring together the head and the heart. When rational beings act without having a compassionate heart and an empathetic understanding we can do more harm than good. Unfortunately our Western academic institutions at large do not train students in such a holistic way.

The LIR — History, Social Studies, & Science
AARP Smart Driver

You may be able to reduce your insurance rates with this 6-hour class which provides a review of driving skills and techniques, as well as strategies and tips to help you adjust to normal age-related physical changes that can affect your driving ability. There is a $15 fee for current AARP members and $20 fee for non-members to cover certificate/paperwork (paid directly to instructor). Bring your driver’s license and AARP card. Class is open to the public for anyone age 18 or over - LIR membership is not required.

Al and Mary Raines, Instructors

SECTION A - ONE DAY working-lunch class - adequate breaks - bring a sack lunch/drink*

20SLIR309A | Sat, Feb 8 | 9 AM - 3:30 PM

SECTION B

20SLIR309B | Tues & Wed, May 12 & 13 | 1 - 4 PM

Dementia: What it is and Caregiver Challenges

Discussion for these dementia sessions with Dr. Tann is primarily driven by the data with personal knowledge, experience and shared information from her book, “The Race of Dementia.” It’s important to recognize that dementia is not a disease, but the symptoms thereof. Discussion will hinge on differentiating between dementia and related diseases and will include recent facts and figures, resources and encouragement. Noting the colossal responsibility of being a caregiver for a loved one with dementia, information and resources will be incorporated into the sessions.

20SLIR306 | Tues, Thurs, Mar 24 & 26 | 1 - 2:30 PM
Debra Tann, Ed.D., Presenter

Hemp and CBD Oil: Benefits and Uses

You’ve seen the headlines, and you know there is so much to learn about the current cannabis industry. This class will concentrate on what health/medicinal benefits might be possible with Hemp and CBD Oil. Instructor will answer questions to include: What is hemp? How is it grown? Is it legal? What is CBD oil and what it is good for?

20SLIR302 | Thurs, Feb 27 | 1 - 2 PM
Paula Sheffield, Certified Instructor

Belly Fat: BE GONE!!

The health risks associated with excess abdominal fat, such as heart disease, diabetes, and cancer are commonly discussed in our society. Unravel the mysteries of belly fat. Learn to develop individual programs to eliminate belly fat from your future.

20SLIR305 | 2 Thurs, Apr 16 & 23 | 11 AM - 12 PM | Ginny Lynn, Presenter

Promoting the Flow of Body Chi (qi) For Wellbeing

An introduction to chi (qi), vital energy or life force. Flow of qi is the basis for many modalities, including acupuncture, tai chi, Qigong, and martial arts. Learn how to identify areas of blockage in your body, and simple ways to stimulate flow for wellbeing.

20SLIR304 | Thurs, Mar 19 | 1 - 2:30 PM | Ginny Lynn, Presenter

Face It, or Flee? Self-defense Tips for Seniors

Everyday, without knowing it, we do things that can attract predators. Learn common sense methods of staying out of harm’s way. With awareness and some changes in our daily habits, we can lessen the chance of getting caught in common dangerous situations. By learning to be proactive, we can be equipped to decide whether we should ‘face the situation or flee.’ (Not a hands-on physical defense class)

20SLIR303 | Wed, Feb 5 | 1 - 2:30 PM | Tommy DeVane, Instructor

Avoiding the High Cost of Nursing Home Care

Join attorney Paul W. Hamilton of Hamilton Estate Planning for a discussion of how to avoid the high cost of nursing home care. This course will also cover wills, statutory powers of attorney, advance directives for health care, and revocable and irrevocable trusts.

20SLIR310 | Thurs, Jan 30 | 10 AM - 12 PM | Paul Hamilton, Instructor

Understanding Grief and Loss

Just as no one’s grief is exactly the same, there is no “one-size-fits-all” way to cope with loss. The objectives of this class are to help participants understand common reactions to grief, misconceptions of grief, secondary losses, and other factors that influence an individual’s journey through grief and loss. We will also discuss the importance of self-care and pre-planning.

20SLIR308 | Thurs, Apr 23 | 1 - 2:30 PM
Connie Register, Rebecca Hendricks, Presenters

Free to Fly

Stop paying the airline to manhandle, scratch, dent, damage, tear up, or lose your luggage! Learn how to pack a carry-on case for an up to 2-week trip without the expense of a checked bag. Carol Irwin, Presenter

SECTION A: 20SLIR300A | Mon, Mar 16 | 10 - 11 AM

SECTION B: 20SLIR300B | Thurs, Apr 23 | 2 - 3 PM

62+ Program at VSU

LIR sometimes gets inquiries about “the program where seniors can take VSU classes for free.” VSU Admissions Personnel will share all the details about how the 62+ Program works.

20SLIR301 | Wed, Feb 12 | 11 AM - 12 PM
Lisa Long, Assoc. Director & Ryan Hogan, Director, Presenters

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REGISTRATIONS WILL NOT BE PROCESSED WITHOUT PAYMENT; a place in your class(es) will NOT be held for you until payment is received.

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<th>Register by mail:</th>
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<tr>
<td>Learning in Retirement</td>
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<tr>
<td>1500 N Patterson St</td>
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<td>Valdosta State University</td>
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<td>Valdosta, GA 31698-0998</td>
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<td>TO PROTECT YOUR PERSONAL INFORMATION, PLEASE DO NOT EMAIL CREDIT CARD PAYMENTS!</td>
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<tr>
<td>Regional Center for Continuing Education</td>
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<tr>
<td>Room 124</td>
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<tr>
<td>903 North Patterson Street</td>
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REGISTRATION CONFIRMATIONS/RECEIPTS WILL BE EMAILED along with a link to any associated maps and materials lists, if we have an email address on file for you. You may pick up your parking permit in our office at your convenience prior to your first class. If you would like your receipt sent by U.S. mail, please check the box below.

- [ ] Please MAIL my registration confirmation/receipt, parking permit, and any associated maps and materials lists.

**Preferred Name**

**Legal Name (If Different)**

**Mailing Address**

**City**

**State**

**Zip**

**Primary Phone**

**Alternate Phone**

**Email**

- [ ] Check here if you do NOT wish to be added to our email newsletter list.

Is this your first time ever participating in Learning in Retirement?  
- [ ] YES  
- [ ] NO

If you are new to LIR, how did you hear about us?  
________________________________________________________________________

**Fees:** Check All That Apply  (Other class fees may be collected by instructor as noted in class description)

- [ ] $75 Spring Membership (20FLIR999)  
- [ ] Current yearly membership (paid in Fall)  
- [ ] $12 Spring Kick-Off Lunch  
- [ ] $12 Wrap-Up Lunch  
- [ ] $35 Bridge  
- [ ] $15 Animal Portraits  
- [ ] Subtract $15 if Volunteer Teacher for Spring 2020 Term

**Total Fees:** $ 

**Payment Type:**

- [ ] CASH RECEIPT # ____________________________  
- [ ] CHECK # ____________________________  
  Make Payable to VSU-LIR  
- [ ] CREDIT CARD (MasterCard / VISA / Discover)

**Card Holder**

Print Name - Exactly as it appears on card

**Billing Address**

Same As Above? If Not, Print Address Here

**Card # ____________________________**

Exp. Date ____________________________

Sec. Code ____________________________  
(3 Digits on Reverse)
## LIR – Course Selection

### Special Events

- **20SLIR001 Kick-off Luncheon**  
  Thurs, January 23, 11 AM - 1 PM  
  $12 FEE

- **20SLIR002 Wrap-Up Luncheon**  
  Fri, May 15, 11:30 AM - 1 PM  
  $12 FEE

### Leisure & Crafts

- **20SLIR020 Views of the News**  
  12 Fri, Feb 7 - Apr 24, 10 AM - 12 PM

- **20SLIR022 Balloons, Trains, Moab, & Monument Valley**  
  Thurs, Apr 30, 1 - 3 PM

- **20SLIR023 When Worlds Collide**  
  Wed, Feb 5 - 11, 12:30 - 3 PM

- **20SLIR024 Dividing Paradise**  
  Wed, March 4, 11 AM - 12 PM

- **20SLIR025 Why to Go to America?**  
  Wed, Apr 1, 11 AM - 12 PM

- **20SLIR026 A Closer Look at Sea Urchins**  
  Thurs, March 19, 3 - 4 PM

- **20SLIR027 Coral and Oyster Restoration**  
  Sat, Feb 1, 9 AM - 12 PM

- **20SLIR028 Municipal Court 101**  
  Thurs, Feb 27, 2 - 3 PM

- **20SLIR029 Importance of Bees**  
  Thurs, Feb 13, 6 - 7 PM

- **20SLIR030 Electrochemical/Metals**  
  Mon, March 23, 2 - 3 PM

- **20SLIR033 History Valdosta/Postcards**  
  Mon, Apr 20, 3 - 4 PM

- **20SLIR034 History of Money in Georgia**  
  Mon, March 23, 3 - 4 PM

- **20SLIR035 Medieval Society**  
  Thurs, Feb 13, 1 - 2:30 PM

- **20SLIR036 Natural History of Snakes**  
  Fri, Apr 17, 1 - 2:30 PM

- **20SLIR037 Laurel and Hardy**  
  Thurs, April 9, 1 - 2:30 PM

- **20SLIR038 Issues/ American Politics**  
  Thurs, Feb 20, 10AM - 12 PM

### History, Social Studies, & Science

- **20SLIR039 AARP Smart Driver A**  
  Saturday, Feb 8, 9:00 AM - 3:30 PM

- **20SLIR039B AARP Smart Driver B**  
  Tues & Wed, May 12 & 13, 1 - 4 PM

- **20SLIR040 AARP 62+ Admission Program**  
  Wed, Feb 12, 11 AM - 12 PM

- **20SLIR042 Hemp/CBD Oil**  
  Thurs Feb 27, 1 - 2 PM

- **20SLIR048A Ballet for Balance A**  
  Thurs, Mar 30, 1 - 2 PM

- **20SLIR048B Ballet for Balance B**  
  Tues, March 31, 11:15 AM - 12:15 PM

- **20SLIR049 Hawaiian Dance**  
  Mon, Feb 10, 1 - 2 PM

- **20SLIR049A Introduction to Google Drive**  
  Thurs, May 12, 10 AM - 12 PM

### Good To Know

- **20SLIR050 Peach Orchard Tour**  
  Thurs, May 7, Depart 11 AM

- **20SLIR051 Mission San Luis**  
  Thurs, March 5, Depart 9 AM

- **20SLIR052 Looking for Family: VSU Archives**  
  Wed, May 6, 10 AM - 12 PM

- **20SLIR053 Looking for Family:  Lowndes Ct House**  
  Tues, Mar 17, 10 AM - 12 PM

- **20SLIR054 Looking for Family: Moultrie**  
  Thurs, Apr 9, Depart 8 AM

- **20SLIR055 Looking for Family: LIR History**  
  Tues, April 24, 10 AM - 12 PM

### History Valdosta/Postcards

- **20SLIR056 Madison Blue Springs St Park**  
  Sat, May 9, Depart 8:30 AM

- **20SLIR057 Backyard Citrus Production**  
  Tues Apr 7, Depart 9:30 AM

### Fine Arts & Literature

- **20SLIR060 Book Review: Lassoing the Sun**  
  Wed, May 25, 11 AM - 12 PM

- **20SLIR061 Book Review: Through the Years, Joyce Aigen**  
  Thurs, Apr 21, 1 - 2:30 PM

### Computers & Technology

- **20SLIR063 Book Review: AARP Smart Driver A**  
  Saturday, Feb 8, 9:00 AM - 3:30 PM

- **20SLIR064 Book Review: AARP Smart Driver B**  
  Tues & Wed, May 12 & 13, 1 - 4 PM

- **20SLIR065 Book Review: AARP 62+ Admission Program**  
  Wed, Feb 12, 11 AM - 12 PM

- **20SLIR066 Book Review: Hemp/CBD Oil**  
  Thurs Feb 27, 1 - 2 PM

- **20SLIR067 Book Review: Face it or Flee?**  
  Wed, Feb 5, 1 - 2:30 PM

- **20SLIR068 Book Review: Belly Fat: Be Gone, 2**  
  Thurs, Apr 16 & 23, 11 AM - 12 PM

- **20SLIR069 Book Review: Dementia: What It's/Challenges**  
  Tues, March 24 & 26, 1 - 2:30 PM

- **20SLIR070 Book Review: Free to Fly A**  
  Mon, March 16, 10 - 11 AM

- **20SLIR071 Book Review: Free to Fly B**  
  Thurs, Apr 23, 2 - 3 PM

- **20SLIR072 Book Review: Nursing Home Care**  
  Thurs, Jan 30, 10 AM - 12 PM

- **20SLIR073 Book Review: Was It Something I Ate?**  
  Thurs, Mar 26 11:15 AM - 12:30 PM

### Health & Fitness

- **20SLIR080 Book Review: AARP Smart Driver A**  
  Saturday, Feb 8, 9:00 AM - 3:30 PM

- **20SLIR081 Book Review: AARP Smart Driver B**  
  Tues & Wed, May 12 & 13, 1 - 4 PM

- **20SLIR082 Book Review: AARP 62+ Admission Program**  
  Wed, Feb 12, 11 AM - 12 PM

- **20SLIR083 Book Review: Hemp/CBD Oil**  
  Thurs Feb 27, 1 - 2 PM

- **20SLIR084 Book Review: Face it or Flee?**  
  Wed, Feb 5, 1 - 2:30 PM

- **20SLIR085 Book Review: Belly Fat: Be Gone, 2**  
  Thurs, Apr 16 & 23, 11 AM - 12 PM

- **20SLIR086 Book Review: Dementia: What It's/Challenges**  
  Tues, March 24 & 26, 1 - 2:30 PM

- **20SLIR087 Book Review: Free to Fly A**  
  Mon, March 16, 10 - 11 AM

- **20SLIR088 Book Review: Free to Fly B**  
  Thurs, Apr 23, 2 - 3 PM

- **20SLIR089 Book Review: Nursing Home Care**  
  Thurs, Jan 30, 10 AM - 12 PM

- **20SLIR090 Book Review: Was It Something I Ate?**  
  Thurs, Mar 26 11:15 AM - 12:30 PM

### Excursions & Tours

- **20SLIR099A Introduction to Microsoft Word**  
  2 Fri, Feb 14 & 21, 10 - 11 AM

- **20SLIR099B Introduction to Gmail**  
  Fri, March 20, 10 - 11 AM

- **20SLIR099D Introduction to Google Calendar**  
  Fri, March 27, 10 - 11 AM

- **20SLIR099E Intro to Google Docs, Part 1 of 2**  
  Fri, April 17, 10 - 11 AM

- **20SLIR099F Intro to Google Docs, Part 2 of 2**  
  Fri, April 17, 10 - 11 AM

- **20SLIR099G Identity Theft and Phone Scam Awareness**  
  Thurs, Mar 12, 3 - 4 PM
Yoga
Instructor will guide you through an hour of self-care with the practice of yoga to improve flexibility, increase muscle strength and help with balance. Some studies have shown that the practice of yoga helps to reduce stress and enhance breathing. Students are requested to bring a yoga sticky mat and cotton yoga strap. Straps can be purchased from instructor for $6.
20SLIR400 15 Tues & 15 Thurs | Jan 28 - May 7 | 10 - 11 AM
Kathleen Hamill, Instructor

Chair Yoga
Chair Yoga is practiced sitting on a chair, or standing using a chair for support. If you are unable get down on the floor (or are afraid you won’t be able to get back up), you can join this class and reap the benefits of improved strength, flexibility, and stress reduction.
20SLIR412 16 Mon | Jan 27 - May 11 | 11 AM - 12 PM
Kristy Powell, Instructor

Beginning Line Dance Fun & Fitness
An aerobic dance class featuring popular line dances often featured at senior dances, weddings, reunions, and on cruises.
20SLIR404 15 Fri | Jan 31 - May 8 | 10 - 10:45 AM
Linda Crook & Jerry Morton, Instructors

Step 2: Line Dance Fun & Fitness
If you’ve been line dancing and want more challenge, this class is for you! Follow up “Beginning Line Dance” with this class, or come just for this one.
20SLIR405 15 Fri | Jan 31 - May 8 | 11 - 11:45 AM
Jerry Morton, Instructor

Range of Motion
Begin with 10 minutes of warm-ups in a chair followed by standing cardio to include stretching, marching and some balancing. Frequent breaks and a chair are available during class.
20SLIR401 15 Mon & Wed | Jan 27 - May 6 | 10 - 10:45 AM
Kathleen Hamill, Instructor

Hawaiian Dance
Learn some traditional Hawaiian dances and the history behind them. The instructor will bring Hawaiian attire for you to try out. Activities are suitable for all fitness levels, and can even be done from a chair.
20SLIR410 Mon | Feb 10 | 1 - 2 PM
Marguerite Gravlee, Instructor

Walking is Medicine
Start Spring 2020 off with this session on the benefits of walking delivered by the VSU College of Nursing and Health Sciences.
20SLIR402 Mon, Jan 27 | 11 AM - 12 PM
Brian Williams, Lecturer
Genealogy
Facilitators/instructors: Alice DeVane and Carol McLeod

Looking for Family in Little Known Places: Lowndes County Court House
Let’s see what we can find when we research at the Lowndes County Court House. After a tour and lesson in researching deeds, wills, and other court documents, we might be able to find a deed or will of a deceased family member. Meet at the Court House.
20SLIR511 | Tues, Mar 17 | 10:00 AM - 12 PM

Looking for Family in Little Known Places: Moultrie
A full day research trip to Ellen Payne Odom Library in Moultrie, Georgia. Dutch Treat Lunch. If you want to carpool, meet at the Regional Center for Continuing Education for an 8 am departure. You can bring laptops, portable scanners, and cameras. Copy papers for 25 cents.
20SLIR512 | Thurs, April 9 | 9 AM - 3 PM | Depart 8 AM

Looking for Family in Little Known Places: VSU Archives and Special Collections
Let’s see what we can find when we research at VSU Archives and Special Collections at Odum Library after taking a tour and short explanation of how to research at the archives. Meet at the VSU Library.
20SLIR513 | Wed, May 6 | 10:00 AM - 12 PM

Genealogy Club
We will share our searches, brick walls and discoveries, and help others learn how to research. Bring questions and show us how you are doing in your research.
20SLIR510 | 3 Tues | Feb 4, Mar 3, Apr 14 | 10 AM - 12 PM

Maps and directions will be mailed or emailed with registration receipt. An email reminder will be sent prior to the trip. Anyone wishing to carpool should meet at the Regional Center for Continuing Education for departure at the time indicated in the course description.
**Mission San Luis**
Mission San Luis was the western capital of Spanish Florida from 1656 to 1704. Today the Mission is reconstructed on its original site and brings the past to life with guides in period dress, colonial buildings, exhibits and archaeology. Participants will be given a guide to use as they visit the various exhibits on a self-guided tour. Cost: $3. Participants will decide a place to go to lunch if they so desire.

(1 hr 41 min to destination). Anyone wishing to carpool/caravan should meet at the Regional Center for Continuing Education for a 9 AM departure. Estimated return 3 PM.

20SLIR501 | Thurs, Mar 5 | 11 AM - 1 PM | Depart 9:00 AM
Marie Sooy, Facilitator

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**The Grove Museum - Tallahassee**
Set atop a commanding hill, surrounded by towering magnolias and sprawling live oaks, the Grove Museum in Tallahassee explores the legacy of nearly two centuries of the Call and Collins families, who as public servants, preservationists, and entrepreneurs left an indelible mark on Florida and our nation’s history. The Grove Museum invites visitors to explore the house and grounds and experience for themselves the significance of this incredible home. The group may decide to go for lunch someplace in Tallahassee afterward.

(1 hr 35 min driving time to destination.) Anyone wishing to carpool/caravan should meet at the Regional Center for Continuing Education for an 9 AM departure. Estimated return 3 PM.

20SLIR502 | Fri, Apr 10 | 10:30 AM - 1:30 PM | Depart 9 AM
Marie Sooy, Facilitator

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**Valdosta Parks and Recreation - @ Senior Center**
The Valdosta-Lowndes County Parks and Recreation Authority has something for everyone! Kelly Hritz, VLPRA Program Coordinator, will talk about the many opportunities offered to the citizens of Valdosta as she highlights upcoming events for children, families, and seniors.

Meet at the Senior Center, 1360 Park Ave., Valdosta.

20SLIR504 | Tues, Feb 4 | 1:30 PM - 2:30 PM | Marie Sooy, Facilitator

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**Thomasville Georgia’s Historic Graveyards**
Tour includes POW Site, The Old City Cemetery and Flipper Cemetery. $10 per person. Participants can pay online or, they can pay in cash at the start of the tour (POW Site/Wolf Street.) Lunch afterward if group desires. Participants who want to carpool should meet at The Regional Center for Continuing Education for an 8:45 AM departure. Link for tour information: https://www.thomasvillehistory.org/learning-in-retirement-tour/ Map and instructions with links will be sent with your registration receipt. Estimated return 2 PM.

0SLIR508 | Fri, March 20 | 10 AM - 12 PM | Depart 8:45 AM
Marie Sooy, Facilitator

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**Taste of Thomasville**
A great way to experience true southern hospitality through history, culture, architecture, and awarding winning foods. Take an easy 1.2 mile walk through downtown Thomasville in 3 hours. Sample a variety of awarding winning foods and learn what makes each food stop so special to Thomasville as well as to Georgia.

Learn the history that brought thousands of people to Thomasville during the Victorian Era and experience a “quail hunt” through downtown Thomasville. Cost: $45 payable online. Facilitator will notify registrants when online webpage information is available.

(1 hour to destination.) Participants who want to carpool should meet at The Regional Center for Continuing Education for an 9 AM departure. Return approx 3 PM.

20SLIR503 | Thurs, Feb 13 | 10:45 AM - 2 PM
Depart 9 AM | Marie Sooy, Facilitator

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**Knights of Columbus - Bingo**
Let’s Play Bingo!! Bingo is always fun and even more so with friends. Let’s get together and have some good old fashioned fun. Bingo cards: $1.00 each.

Meet at 306 St. Augustine Rd, Valdosta.

20SLIR505 | Wed, Apr 15 | 7:00 PM
Marie Sooy, Facilitator

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**Madison Blue Springs State Park**
Dip your toes in the crystal clear water at a natural spring and take in your lush surroundings. Take in Florida’s natural beauty. Leisure tubing or swimming - a scenic way to beat the heat. Cost: $6.00 (50 min to destination.) If you want to carpool, meet at The Regional Center for Continuing Education for an 8:30 AM departure. Return approx. 5 PM.

20SLIR506 | Sat, May 9 | 9:30 AM - 4 PM
Depart 8:30 AM | Marie Sooy, Facilitator
Valdosta Symphony Orchestra Preview
Get the inside scoop on what it takes to make an orchestra come to life. Have you ever wondered what the conductor really does? The Maestro will clear up mysteries, let you in on some secrets of the music world, and give you a preview of what’s coming up for the VSO this semester.
20SLIR610
Wed, Jan 29 | 11 AM - 12 PM
Dr. Howard Hsu, Instructor

Acrylic Painting: Animal Portraits
Learn the basics of acrylic painting with animal imagery! Bring photos of your pets or other animals, and use the images to create loose, colorful, painterly works of art. Supply list sent with registration confirmation. $15 extra fee.
20SLIR613 | 4 Tues, Mar 3 - 24 | 1 - 2:30 PM | Hunter Pope, Instructor

Having Fun with the Ukulele Strum
Absolutely no musical knowledge needed! Have fun accompanying vocal melodies with the “strummed” chords of the soprano, concert, tenor, or baritone uke. If you already have a ukulele, great; but there is no need to own or purchase a ukulele before taking this class. Loaner and “for sale” ukuleles of all sizes will be available to help you decide which size suits you. Music provided; $4 charge for music notebook (if you do not already have one) to be paid directly to instructor.
20SLIR611 | 16 Wed, Jan 29 - May 13 | 2 - 3:30 PM | Joan Shepard, Instructor

Open Art Studio
Drop in and join your fellow LIR artists and crafters in our open art studio. The art room will be open each Monday morning for those who want to work on their own artwork while enjoying the company of others! This is not a class, just a time for you to work on your own projects. Bring your supplies and inspiration; we have a sink and jars for water if you are painting. Come every week or just a few times during the semester.
20SLIR616 | 16 Mon, Jan 27 - May 11 | 9:30 – 11:15 AM

Book Review:
A Better Man: A Chief Inspector Gamache Novel
Catastrophic spring flooding, blistering attacks in the media, and a mysterious disappearance greet Chief Inspector Armand Gamache as he returns to the Sûreté du Québec in this novel by #1 New York Times bestselling author Louise Penny.
20SLIR615 | Mon, Apr 20 | 2 - 3 PM
Mary Helen Watson, Reviewer

Drama Production
Participants will collaborate in writing a play which will be performed by them at the wrap-up luncheon. Attendance at all sessions will be key to the success of the play.
20SLIR604 | 15 Fri, Jan 31 - May 8 | 1 - 3 PM
Marie Sooy, Facilitator

A Morning at the Opera: Cavalleria Rusticana by Pietro Mascagni
Passion and betrayal in a Sicilian village! Cavalleria Rusticana is a one act opera with exquisite music that reflects the intense emotions of the story. From passion to betrayal to retribution, this is regarded as Mascagni’s best opera.
20SLIR609 | Wed, Feb 19 | 11AM - 12:15 PM
Roberta Magnasco, Instructor

Reminder: Be sure to display your LIR parking permit.
Book Review: *Lassoing the Sun: A Year in America’s National Parks*

For many childhood summers, Mark Woods piled into a station wagon with his parents and two sisters and headed to America’s national parks. Mark’s most vivid childhood memories are set against a backdrop of mountains, woods, and fireflies in places like Redwood, Yosemite, and Grand Canyon national parks. *Lassoing the Sun* is a book about family, the parks, the legacies we inherit, and the ones we leave behind.

20SLIR603 | Wed, Mar 25 | 11 AM - 12 PM
Bill Eger, Reviewer

Book Review: *Sean’s Trilogy*

Self-published author, Irma McNeal, describes the events surrounding her son, Sean Joseph McNeal, after he passed out at school in 2nd grade with a stroke and a grade-three cancerous brain tumor. Ms. McNeal will review her three books related to this crisis and the family’s subsequent journey. *Sean, the Tire-Swing Pusher, Sean 444, and Sean’s Truck Stop* will be available for purchase.

20SLIR600 | Wed, Jan 29 | 1 - 2 PM
Irma J. McNeal, Reviewer

Writer’s Meet-Up

Writing is a lonely job and sometimes we need the company and feedback of others to keep us in the groove. This writers/readers workshop is for people who yearn for inspiration from others and for an audience to listen to their work. It is not a “how to” workshop, but rather a support group to keep us going. Our previous workshops were solid successes. We hope others will join us in the third workshop of this kind.

20SLIR605 | 16 Tues, Jan 28 - May 12 | 1 - 2 PM
Harriet Messcher Jansen, Facilitator

Ghost Stories of Georgia

Lights will be dimmed and this is not for the weak of heart. Presenter will read and tell stories of ghost sightings in various areas of Georgia.

20SLIR612 | Thurs, Jan 30 | 2 - 3 PM
Marie Sooy, Presenter

Peach State Summer Theatre Preview

Get a “sneak peek” at the upcoming 2020 Peach State Summer Theatre (PSST) season. Learn about the shows, the creative process, and the challenges of hosting the “Official Musical Theatre of the State of Georgia.” Also, find out about the Spring shows for VSU Theatre and Dance.

20SLIR606 | Mon, Feb 3 | 11 AM - 12 PM
Jacque Wheeler, Presenter

Author Talk: *Through the Years: The Memoirs of Sir George and Lady Joyce Aigen*

Former LIR President and long time member, Joyce Aigen, will present highlights and discuss and answer questions about this memoir which covers the 67 years of marriage to WW II hero, George Aigen. Books will be available for purchase.

20SLIR607 | Thurs, April 2 | 1 - 2:30 PM
Joyce Aigen, Presenter

Book Review: *Gracie: A Love Story*

George Burns pays tribute to his partner and wife Gracie Allen, contrasting the scatterbrained comedian she was on the radio and television with her private self—an intelligent, caring, and devoted actress and wife.

20SLIR602 | Tues, Jan 28 | 1 - 2 PM
Gale Eger, Reviewer

Book Review: *The Statue of Liberty: The First Hundred Years*

Authors Christian Blanchet and Bertrand Dard trace the history of the inception, construction, installation, and social and political reactions to an icon that is recognized worldwide. The book, which includes a wealth of illustrations, provides insights into the life of the sculptor Frédéric Auguste Bartholdi, the financial and political problems that accompanied the statue’s creation, and the diverse response to a figure that was originally known as “Liberty Enlightening the World.”

20SLIR608 | Mon, Feb 17 | 11 AM - 12 PM
Patricia Marks, Reviewer

Book Review: *Verse by the Side of the Road: The Story of the Burma-Shave Signs and Jingles*

In the fall of 1925, young Allan Odell conceived the idea of using consecutive signs along the highways of America. This is the story behind the Burma Shave signs.

20SLIR614 | Thurs, Feb 20 | 1 - 2 PM
Marguerite Gravlee, Reviewer
Windows 10
4-Part Series: Basic Terms & Techniques
Eric Mathis, Instructor

LOCATION:
Willis L Miller Public Library, 2906 Julia Drive, Valdosta

Tips and Tricks for Searching Google
20SLIR700A | Fri, March 13 | 10 - 11 AM

Introduction to Gmail (Please have your Gmail account login information with you)
20SLIR700B | Fri, March 20 | 10 - 11 AM

Introduction to Google Calendar
20SLIR700C | Fri, March 27 | 10 - 11 AM

Introduction to Google Docs, Part 1 of 2
20SLIR700D | Fri, April 10 | 10 - 11 AM

Introduction to Google Docs, Part 2 of 2
20SLIR700E | Fri, April 17 | 10 - 11 AM

Introduction to Microsoft Word
Learn the basics of creating dazzling documents using MS Word’s templates and formatting tools. Attendees will also learn how to insert photos and clip art and save their creations.

LOCATION:
Willis L Miller Public Library, 2906 Julia Drive, Valdosta

20SLIR701 | 2 Fri, Feb 14 & 21 | 10 - 11 AM
Eric Mathis, Instructor

Identity Theft and Phone Scam Awareness
Lt Shannon Kingston, Hahira Police Department, will identify the top phone scams, how to avoid them, how to avoid identity theft and a recovery plan if you become a victim. Handouts will be provided.

Reminder:
Be sure to display your LIR parking permit.

Learning in Retirement Officers & Committee Chairs
President..........................Vicki Gay
Vice President........................Holly Gougeon
Secretary..........................Marie Sooy
Past President........................Sandra Dickson
Treasurer..........................Lynn Ross
Historian........................Carol Jennings
Social Committee Chair.............Marie Sooy
Publicity Committee Chair............Carol Jennings
Curriculum Committee Chair........Vicki Gay
## January 2020

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<td>MLK HOLIDAY</td>
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<td>27</td>
<td>Open Art Studio 9:30 - 11:15</td>
<td>Range of Motion 10 - 10:45</td>
<td>Chair Yoga 11 - 12</td>
<td>Walking is Medicine 11 - 12</td>
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<tr>
<td>29</td>
<td>Range of Motion 10 - 10:45</td>
<td>Valid Symphony Preview 11 - 12</td>
<td>Bk Review: Sean’s Trilogy 1 - 2</td>
<td>Basic Bridge 1 - 3</td>
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## February 2020

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<td>3</td>
<td>Open Art Studio 9:30 - 11:15</td>
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<td>Chair Yoga 11 - 12</td>
<td>Peach State 11 - 12</td>
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<td>Yoga 10 - 11</td>
<td>Tai Chi® 11:15 - 12:15</td>
<td>VLPRa - @ Sr Center 1:30 - 2:30</td>
<td>Genealogy Club 1 - 2</td>
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<td>Range of Motion 10 - 10:45</td>
<td>When Worlds Collide 11 - 12</td>
<td>Face It, or Flee? 1 - 2</td>
<td>Basic Bridge 1 - 3</td>
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<td>Yoga 10 - 11</td>
<td>Tai Chi® 11:15 - 12:15</td>
<td>Camellia Workshop (Depart 12:30)</td>
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## LIR Calendar

- **Saturday, February 1**
  - Coral/Oyster Restoration 9 - 12
  (Bailey Science Center)

- **Saturday, February 8**
  - AARP Smart Driver A 9:30 - 3:30
  - 9:00 AM check-in

- **Saturday, February 22**
  - Camellia Show, Fort Valley
  (Depart 10 AM)
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<td>Open Art Studio 9:30 - 11:15</td>
<td>Range of Motion 10 - 10:45</td>
<td>Chair Yoga 11 - 12</td>
<td>Mahjongg 12:30 - 3</td>
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<td>Range of Motion 10 - 10:45</td>
<td>Dividing Paradise 11 - 12</td>
<td>Basic Bridge 1 - 3</td>
<td>Spring Make and Take 1 - 3</td>
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<td>Mission San Luis (Depart 9 AM)</td>
<td>Yoga 10 - 11</td>
<td>Tai Chi® 11:15 - 12:15</td>
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<td>Beg. Line Dance 10 - 10:45</td>
<td>Views of the News 10 - 12</td>
<td>Step 2: Line Dance 11 - 11:45</td>
<td>Drama Production 1 - 3</td>
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<td>Open Art Studio 9:30 - 11:15</td>
<td>Range of Motion 10 - 10:45</td>
<td>Chair Yoga 11 - 12</td>
<td>Mahjongg 12:30 - 3</td>
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<td>Sew for a Cause 10 - 3</td>
<td>Basic Bridge 1 - 3</td>
<td>Ukulele Strum 2 - 3:30</td>
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<td>Yoga 10 - 11</td>
<td>Tai Chi® 11:15 - 12:15</td>
<td>Aigen: One Man’s War 1 - 2:30</td>
<td>Identity Theft / Phone Scams 3 - 4</td>
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<td>Beg. Line Dance 10 - 10:45</td>
<td>Google @ SGRL 10 - 11</td>
<td>Views of the News 10 - 12</td>
<td>Step 2: Line Dance 11 - 11:45</td>
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<td>Tai Chi® 11:15 - 12:15</td>
<td>Looking @ Lowndes Co. 10 - 12</td>
<td>Animal Portraits 1 - 2:30</td>
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<td>Tai Chi® 11:15 - 12:15</td>
<td>Body Chi 1 - 2:30</td>
<td>Sea Urchins 3 - 4</td>
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<td>Beg. Line Dance 10 - 10:45</td>
<td>Gmail Intro @ SGRL 10 - 11</td>
<td>Views of the News 10 - 12</td>
<td>T’ville Graveyards (Depart 8:45)</td>
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<td>Range of Motion 10 - 10:45</td>
<td>Chair Yoga 11 - 12</td>
<td>Mahjongg 12:30 - 3</td>
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<td>Yoga 10 - 11</td>
<td>LIR History 11 - 12:30</td>
<td>Writer’s Meet-Up 1 - 2</td>
<td>Animal Portraits 1 - 2:30</td>
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<td>Book Rev: Lassoing Sun 11 - 12</td>
<td>Basic Bridge 1 - 3</td>
<td>Ukulele Strum 2 - 3:30</td>
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<td>Yoga 10 - 11</td>
<td>Chemo Cap Brigade B 10 - 12</td>
<td>Something I Ate? 11:15 - 12:30</td>
<td>Dementia/Challenges 1 - 2:30</td>
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<td>Google Calendar @ SGRL 10 - 11</td>
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<td>Ballet for Balance B 11:15 - 12:15</td>
<td>Writer’s Meet-Up 1 - 2</td>
<td>Beeswax Candles 2:30 - 4</td>
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### April 2020

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<td>Why Go to America? 11 - 12</td>
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<td>Tai Chi 11:15 - 12:15</td>
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<td>BK Rev /Through the Years 1 - 2:30</td>
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<td>Laurel and Hardy 1 - 2:30</td>
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<td>Mahjongg 12:30 - 3</td>
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<td>Backyard Citrus (Depart 9:30 am)</td>
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<td>Spring Make and Take 1 - 3</td>
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<td>Ukulele Strum 2 - 3:30</td>
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### May 2020

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Paralegal Certificate Course ONLINE

Quick Facts: Paralegals & Legal Assistants

- Education: Certificate or associates degree
- Median pay - $50,940
- Job growth – 39,000 new jobs through 2028
- Work environment – all types of organizations including law firms, corporate legal departments, government agencies

“Employment...is projected to grow 12% from 2019 - 2028, much faster than the average for all occupations.”
—U.S. Bureau of Labor Statistics

See page 12 for details